

Safety Rules When Cooking Contract

**Remember
that safety in the kitchen is the
most important rule. It's lots of fun
to cook but you have to follow
some important rules that will keep
everyone safe.**



Signed: _____

Here are some very important safety rules that I agree to follow when cooking:

- I will not begin any cooking preparation until an adult is present in the kitchen.
- I will always wash my hands before touching foods.
- I will review my recipe and make a list of the ingredients and cooking items I need. If there is space I will neatly line up all the measuring items on the counter.
- I will always ask before using any electric items, appliances or sharp utensils
- I know that knives and other sharp objects are not toys and have to be handled very carefully. I will not pick up a knife or sharp object without permission and an adult in the kitchen.
- I know that when I handle a knife, I will always point the knife away from myself before cutting food and only when an adult is present to supervise.
- I understand that there are some items such as the stove and oven that can get very hot and cause burns. I will always use potholders not dish rags or dish towels if I am allowed to work with the stove and oven.
- If I am cooking with pots on the stove, I will always point the pot handles toward the back of the stove for safety.

